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She is the author of the international bestseller The Willpower Instinct, The Joy of Movement, The Upside of Stress, and Yoga for Pain Relief. Her work is published in thirty languages. Since 2000, she has taught dance, yoga, and group exercise in the San Francisco Bay Area. In her free time, she volunteers as an adoption counselor for animal ...

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The Willpower Instinct by Kelly McGonigal: 9781583335086 ...

"The Willpower Instinct..." by Dr Kelly McGonigal is a must read. It is probably the best self-help book I have read. As a self-employed person for going on 30 years sometimes the 'spirit is willing, but the flesh is weak.' Thus, the Willpower to press ahead... when a bit too much life is going on etc etc and so forth - is a big deal.

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The Willpower Instinct introduces the latest insights into willpower from different scientific fields, such as psychology, neuroscience, economics and medicine. While considering the limits of self-control, it also gives practical advice on how we can overcome bad habits, avoid procrastination, stay focused and become more resilient to stress.